

Hawkeye Family Dental

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Filled In

Toothbrush abrasion

Daily brushing and flossing is a great routine to be in. Brushing removes plaque, bacteria, and debris from your teeth, while flossing removes the plaque, bacteria, and debris that is in between your teeth. A common misconception is, “the harder you brush, the cleaner your teeth will be”. Improper brushing (such as brushing too hard or “scrubbing back and forth”) is very common and people often don't know they are damaging their teeth and gums. Brushing your teeth too hard and with too much force can wear away the enamel, the outermost surface of your tooth, and can cause your gum tissue to recede. Our teeth and gums are fragile and when too much pressure and an incorrect motion are applied, a condition called toothbrush abrasion can result. Toothbrush abrasion causes a v-shaped notch near the gum line. *Continued on the back.....*

A drop will do. Despite the large amount of toothpaste shown on toothbrushes at the end of toothpaste commercials, all you need is a pea-sized amount to complete the job. Conserve your toothpaste and stick to a pea-size drop.



Ask Kari

What does your oral health have to do with the rest of your body?



Your mouth is a window to your body's health. The state of your oral health can offer a lot of clues about your overall health. Sometimes the first sign of a disease shows up in your mouth. In other cases, infections in your mouth, such as gum disease, can cause problems in other areas of your body. Harmful bacteria can lead to plaque and tartar accumulation causing inflammation and infections in your gum tissue, also known as periodontal disease. When your gums are healthy, bacteria in your mouth usually don't enter

your bloodstream. However, gum disease may provide bacteria a port of entry into your bloodstream. These bacteria can lead to other health problems in the rest of your body. Some of the diseases and conditions that may be linked to oral health: **Diabetes:** Diabetes increases your risk of gum disease, cavities, tooth loss, dry mouth

and many oral infections. Poor oral health can make your diabetes more difficult to control. Infections may cause your blood sugar to rise and require more insulin to keep it under control. **Pregnancy and birth:** Gum disease has been linked to premature birth. This is why it's vital to maintain excellent oral health before you get pregnant and during your pregnancy. **Cardiovascular disease:** Research shows that several types of cardiovascular disease may be linked to oral health. These include heart disease, clogged arteries and stroke. **Other conditions:** Many other conditions may make their presence known in your mouth before you know anything's wrong. *Continued on the back.....*



As Seen on TV

Are you looking for a smile makeover?

Recently there have been commercials on TV advertising an easy, two appointment smile makeover without drilling. The commercials are for “snap-on smile” by the makers of Lumineers. We are happy to report that at Hawkeye Family Dental we support and can provide snap-on smiles at our office. Snap-on smile is a great option, not only for those who want a full smile makeover, but also for those with missing teeth, crooked or rotated teeth, short teeth, stained or yellowed teeth or teeth with gaps. Snap-on smile is a removable tooth colored appliance that snaps into place over your existing teeth. *Continued on the back.....*



Money Matters



The Cost of Preventive vs. Emergency Care

Thinking about putting off that dental treatment just a little bit longer to save money? You might change your mind after reading this. Most emergency dental problems are preventable and regular dental care is much more cost effective than an unplanned trip to the dentist to take care of an emergency. Preventive dental treatment is 10 times less costly and is often less time consuming than the costs incurred in treating and managing dental disease and dental emergencies. Over 51 million school hours and more than 164 million work hours, each year, are lost by children and employed adults due to dental disease and dental related illness. Did you know tooth decay is the most common chronic childhood disease? However, with regular trips to the dental office for preventive cleanings and exams and consistent, good oral hygiene at home, your lifetime dental costs can be lowered significantly. Many people are unaware that infectious bacteria play a role in tooth decay and that there is a direct relationship between your oral health and your overall health. Poor oral health has been associated with a range of health problems from heart and respiratory diseases to diabetes. Maintaining good hygiene and seeking preventive dental care can not only lower your lifetime dental expenses but your lifetime healthcare costs as well.



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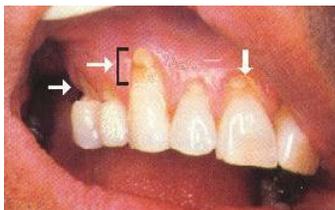
Providing smiles for the whole family

We are so excited to start our second year of newsletters. We would like to thank everyone for their continued questions and ideas for our newsletter. We encourage you to keep the ideas coming. We want the newsletter to help you and answer your questions. If you have misplaced any newsletters or just want to look back at the previous issues, we have posted our newsletters on our website. You can check them out at www.smilesforthefamily.com, click on the "Newsletters and other links" tab. Enjoy and keep the questions coming.



Ask Kari continued..... These may include certain cancers, eating disorders, syphilis, pneumonia, and substance abuse. You can keep the bacteria in your mouth under control with good oral health care, such as daily brushing and flossing and visiting our office for regular check-ups. You're making an investment in your overall health, not just for now, but for the future.

Filled In continued..... These v-shaped notches are due to the tooth structure that has been worn away and result in weakened teeth that are often sensitive. One way to avoid this is by using proper brushing techniques. Use a soft toothbrush and angle your brush at a 45 degree angle. Using soft, circular motions and gentle pressure allows the bristles of the toothbrush to slide under gum tissue and clean out plaque, bacteria, and debris. Another way to avoid brushing too hard is by using an electric toothbrush. Using an electric toothbrush helps control the pressure that you are applying while brushing. Some electric toothbrushes stop or alert you when you are applying too much force. If the damage has already been done and these notches already exist, the tooth can easily be restored to its original contour with a tooth colored filling. This filling will help support the remaining tooth structure and make the area easier to clean, minimizing the chance for a cavity at the gumline. The filling may also help to decrease sensitivity by covering the exposed tooth structure. If you have been told that you are brushing too hard, ask us for more help on preventing toothbrush abrasion.



As Seen on TV continued..... Two appointments are needed to complete the smile transformation. At your first snap-on smile visit we will determine if you are a candidate for snap-on smile. If so, detailed impressions are made of your teeth and bite and a color is selected for your new smile. At the second visit the snap-on smile is fitted and adjusted to fit tightly over your teeth, allowing you to eat, drink, and function with your new smile. Snap-on smile is a great option for affordable, fast results. Ask us about it at your next visit and we can show you a sample of what snap-on smile can do for you.



Kids Corner



Your child's first dental visit should be 6 months after their first tooth or by the age of one, whichever comes first. To help you remember, think "first visit by first birthday." This is a very important visit for several reasons. One, it will help your child become familiar with the dental office with an easy, pain-free first visit. Also, at this visit we will evaluate your child's teeth, gums, and jawbone and look for any abnormalities in development. During the exam we will look for cavities and pre-cavities. We will help you focus your attention to these trouble areas and help find solutions to making toothbrushing easier so these areas do not progress into larger dental problems. The first visit can be exciting and scary, so be prepared to hear your child fuss during the examination. However, often children are very passive and quiet during the appointment. To help ensure that this appointment is smooth, bring a favorite toy or blanket to sooth them. Also, make sure to bring any questions or concerns that you may have. We are excited to help you navigate through the first few years and get your child on a positive road to dental health.